

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES

| | 4.7. Tue | 5.7. Wed | 6.7. Thu | 7.7. Fri | 8.7. Sat | 9.7. Sun |
|------------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| COMPETITION TIMES | 17:00-21:00 | 17:00- 21:00 | 17:00- 21:00 | 17:00- 21:00 | 11:00-15.00 | 11:00-15.00 |

LIVE RESULTS

You can see start lists and live results here: <https://live.tuloslista.com/13039>

COMPETITION SPORTS AND DISCIPLINES

The events and age categories for Athletics at EMG2023 are as specified in Competition Details below.

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 4.7.2023 (the first day of Athletics Competition at the Games).

If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

VENUE DETAILS

EMG2023 Athletics competition takes place at:

| | |
|--------------------|-----------------------------------|
| Venue Name | Tampere Stadium |
| Competition hosted | Tampereen Pyrintö |
| Venue Information | Ratinan rantatie 1, 33100 Tampere |

COMPETITION DETAILS

Competition rules

The EMG Athletics event will be conducted in line with the competition rules of the World Masters Athletics (WMA).

Age Categories

Men: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

Women: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

Participants can only sign-up to one age category.

DAILY PROGRAM

See program and results online: <https://live.tuloslista.com/13039>

| Tuesday, June 4 | | | |
|------------------------|--------------|--------------------------|--|
| Time | Event | | |
| 17:00 M | 30-55 | hammer throw | |
| 18:00 M | 65+ | pole vault | |
| 18:00 M | 35 | 100 m semifinals, heat 1 | |
| 18:07 M | 35 | 100 m semifinals, heat 2 | |
| 18:14 M | 40 | 100 m semifinals, heat 1 | |
| 18:21 M | 40 | 100 m semifinals, heat 2 | |
| 18:28 M | 55 | 100 m semifinals, heat 1 | |
| 18:35 M | 55 | 100 m semifinals, heat 2 | |
| 18:40 W | 55+ | high jump | |
| 18:42 M | 60 | 100 m semifinals, heat 1 | |
| 18:49 M | 60 | 100 m semifinals, heat 2 | |
| 18:56 M | 70 | 100 m semifinals, heat 1 | |
| 18:56 M | 70 | 100 m semifinals, heat 2 | |
| 19:15 W | 30-60 | hammer throw | |
| 19:20 M | 30-55 | 3000 m steeplechase | |

| Wednesday, June 5 | | | |
|--------------------------|--------------|-------|---------------------|
| Time | Event | | |
| 17:00 | M | 30 | 100 m final |
| 17:06 | M | 35 | 100 m final |
| 17:12 | M | 40 | 100 m final |
| 17:18 | M | 45 | 100 m final |
| 17:24 | M | 50 | 100 m final |
| 17:30 | M | 55 | 100 m final |
| 17:36 | M | 60 | 100 m final |
| 17:42 | M | 65 | 100 m final |
| 17:45 | M | 30-35 | long jump |
| 17:48 | M | 70 | 100 m final |
| 17:50 | W | 65+ | hammer throw |
| 17:54 | M | 75+ | 100 m final |
| 18:05 | W | 30-35 | 100 m final |
| 18:11 | W | 40-45 | 100 m final |
| 18:17 | W | 50 | 100 m final |
| 18:23 | W | 55 | 100 m final |
| 18:29 | W | 60-65 | 100 m final |
| 18:35 | W | 70+ | 100 m final |
| 18:45 | W | 35-50 | high jump |
| 18:50 | W | 30-45 | 800 m |
| 19:00 | W | 50+ | 800 m |
| 19:10 | M | 60+ | hammer throw |
| 19:10 | M | 30-45 | 800 m |
| 19:20 | M | 50-55 | 800 m |
| 19:30 | M | 60-65 | 800 m |
| 19:30 | M | 40-55 | long jump |
| 19:40 | M | 70+ | 800 m |
| 20:00 | W | 35+ | 2000 m steeplechase |
| 20:20 | M | 60+ | 2000 m steeplechase |

| Thursday, June 6 | | | |
|-------------------------|--------------|--------------------------|--|
| Time | Event | | |
| 17:00 M | 30-55 | discus throw | |
| 17:20 M | 65+ | high jump | |
| 18:00 M | 30 | 110 m hurdles | |
| 18:10 M | 35 | 110 m hurdles | |
| 18:17 M | 40-45 | 110 m hurdles | |
| 18:30 M | 50-55 | 100 m hurdles | |
| 18:40 M | 60-65 | 100 m hurdles | |
| 18:50 M | 70-75 | 80 m hurdles | |
| 19:00 W | 40-55 | 80 m hurdles | |
| 19:10 W | 60+ | 80 m hurdles | |
| 19:20 M | 60+ | discus throw | |
| 19:30 W | 30+ | long jump | |
| 19:55 M | 50 | 400 m semifinals, heat 1 | |
| 20:05 M | 50 | 400 m semifinals, heat 2 | |
| 20:15 M | 55 | 400 m semifinals, heat 1 | |
| 20:25 M | 55 | 400 m semifinals, heat 2 | |

| Friday, June 7 | | | |
|-----------------------|--------------|--------------------------|--|
| Time | Event | | |
| 17:00 M | 30 | 400 m final | |
| 17:07 M | 35 | 400 m final | |
| 17:14 M | 40 | 400 m final | |
| 17:21 M | 45 | 400 m final | |
| 17:28 M | 50 | 400 m final | |
| 17:35 M | 55 | 400 m final | |
| 17:42 M | 60 | 400 m final | |
| 17:45 M | 60+ | long jump | |
| 17:49 M | 65 | 400 m final | |
| 17:56 M | 70 | 400 m final | |
| 18:00 W | 30-45 | discus throw | |
| 18:05 W | 30-35 | 400 m final | |
| 18:12 W | 40 | 400 m final | |
| 18:19 W | 45 | 400 m final | |
| 18:26 W | 50-55 | 400 m final | |
| 18:33 W | 60+ | 400 m final | |
| 18:40 W | 30-45 | 5000 m | |
| 19:20 W | 50+ | 5000 m | |
| 19:30 W | 50+ | discus throw | |
| 19:35 M | 30-60 | high jump | |
| 20:10 M | 40 | 200 m semifinals, heat 1 | |
| 20:17 M | 40 | 200 m semifinals, heat 2 | |
| 20:24 M | 50 | 200 m semifinals, heat 1 | |
| 20:31 M | 50 | 200 m semifinals, heat 2 | |
| 20:38 M | 55 | 200 m semifinals, heat 1 | |
| 20:45 M | 55 | 200 m semifinals, heat 2 | |
| 20:52 M | 70 | 200 m semifinals, heat 1 | |
| 20:59 M | 70 | 200 m semifinals, heat 2 | |

| Saturday, June 8 | | | |
|-------------------------|--------------|---------------|--|
| Time | Event | | |
| 11:00 M | 30, 40-55 | javelin throw | |
| 11:20 W | 30-45 | shot put | |
| 11:20 M | 30 | 200 m final | |
| 11:25 M | 60+ | triple jump | |
| 11:27 M | 35 | 200 m final | |
| 11:34 M | 40 | 200 m final | |
| 11:41 M | 45 | 200 m final | |
| 11:48 M | 50 | 200 m final | |
| 11:55 M | 55 | 200 m final | |
| 12:02 M | 60 | 200 m final | |
| 12:09 M | 65 | 200 m final | |
| 12:16 M | 70 | 200 m final | |
| 12:23 M | 75+ | 200 m final | |
| 12:35 W | 30-35 | 200 m final | |
| 12:42 W | 40-45 | 200 m final | |
| 12:45 M | 60-65 | javelin throw | |
| 12:49 W | 50-55 | 200 m final | |
| 12:56 W | 60+ | 200 m final | |
| 13:10 W | 50+ | shot put | |
| 13:15 W | 30-55 | pole vault | |
| 13:35 M | 30-40 | 1500 m | |
| 13:45 M | 30-55 | triple jump | |
| 13:50 M | 45-50 | 1500 m | |
| 14:05 M | 55-60 | 1500 m | |
| 14:20 M | 65+ | 1500 m | |
| 14:20 M | 35, 70+ | javelin throw | |
| 14:35 W | 30-45 | 1500 m | |
| 14:50 W | 50+ | 1500 m | |

| Sunday, June 9 | | | |
|-----------------------|--------------|---------------|--|
| Time | Event | | |
| 10:55 M | 30 | 400 m hurdles | |
| 11:00 M | 60 | pole vault | |
| 11:00 M | 30-45 | shot put | |
| 11:10 M | 35-45 | 400 m hurdles | |
| 11:15 W | 30-45 | javelin throw | |
| 11:25 M | 50 | 400 m hurdles | |
| 11:32 M | 55 | 400 m hurdles | |
| 11:40 W | 35-45 | 400 m hurdles | |
| 11:55 M | 60 | 300 m hurdles | |
| 12:02 M | 65 | 300 m hurdles | |
| 12:10 W | 30+ | triple jump | |
| 12:10 W | 50-55 | 300 m hurdles | |
| 12:17 W | 60-65 | 300 m hurdles | |
| 12:20 M | 50-55 | shot put | |
| 12:24 M | 70-75 | 300 m hurdles | |
| 12:40 M | 80+ | 200 m hurdles | |
| 13:05 M | 30-45 | 5000 m | |
| 13:25 W | 50+ | javelin throw | |
| 13:40 M | 60+ | shot put | |
| 13:40 M | 30-55 | pole vault | |
| 13:40 M | 50-55 | 5000 m | |
| 14:20 M | 60+ | 5000 m | |

TECHNICAL INFORMATION CENTER (TIC)

Technical Information Center is the main contact point for all competition related issues and questions during the competition. The Technical Information Centre (TIC) will be located at Ratina, the main Stadium.

The TIC will operate from 90 minutes before the first event to 30 minutes after the last event.

CONFIRMATION OF PARTICIPATION

Confirmation of participation is mandatory. Confirmation will open two days before the event.

Confirmation must be done at the latest 60 minutes before the start of the event. If there are multiple heats, confirmation must be done 60 minutes before the start of the first heat.

Only electronic confirmation is used. You can use a mobile phone, tablet or a computer to access the confirmation portal.

There is wireless network available at the stadium free of charge. The name of the network is Seutu Wireless. You can access the network for 12 hours at a time by identifying yourself with an email address.

If you need help, contact TIC, they are happy to help. There are also some shared computers in TIC that you can use.

You can access the confirmation portal here: <https://www.tuloslista.com/varmistus>

- Select language English or Finnish (suomi)
- Select competition EMG2023
- Select Country
- Password is: EMG2023

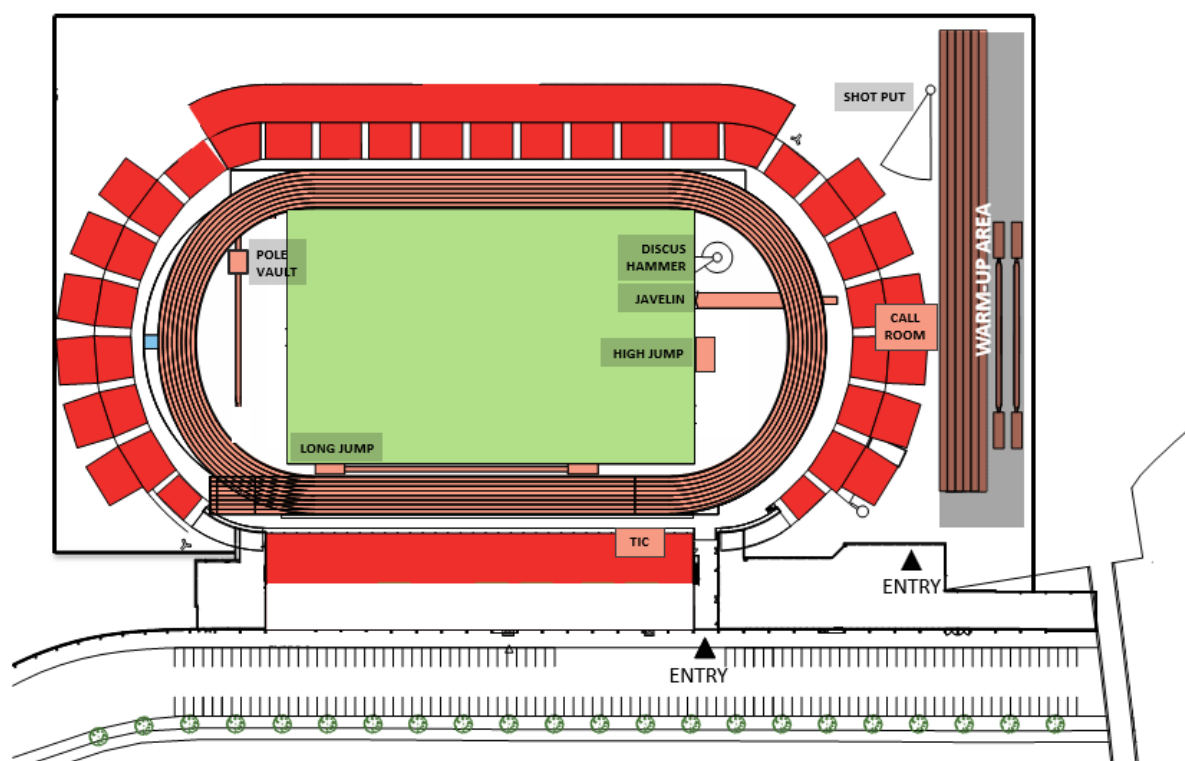
USE OF OFFICIAL AND PERSONAL THROWING IMPLEMENTS

The organizers will provide implements for each throwing event. Personal implements are permitted for competition, provided they have previously been officially checked and certified by the organizers. In this case, the athlete must bring the implements to the Technical Information Center (TIC) latest 90 minutes before the start of the first event of the day. It is recommended that the implements are brought to the TIC already the day before, if possible. Please note that the latest delivery time is 90 minutes before the first event of the day, not 90 minutes before the event where the implements are used.

Any other competitor in the owner's specific competition has the right to use that equipment if they so wish.

Athletes may collect their personal implements at the end of the event directly from the event. Unclaimed equipment can be collected from TIC.

STADIUM LAYOUT



WARM-UP

Warm-up is possible at the upper level of the stadium right before the competition. There are NO separate warm-up areas for field events. There will be some time allowed for athletes to finalise their warm-up in the competition area.

It is not allowed to use the warm-up area for training.

CALL ROOM

Access to the field happens only through the call room. Call room is located in the upper level of the stadium, next to the warm-up area. For each event, athletes must report to the call room by the scheduled call room time.

Athletes must report to the call room and competition areas at the latest:

| Event | Call Room (minutes before event) | Competition Area (minutes before event) |
|--------------------------------------|---|--|
| All track events | 20 | 10 |
| All field events (except pole vault) | 40 | 30 |
| Pole Vault | 60 | 50 |

Once athletes have reported to the call room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the call room. The call room officials will verify the accreditation, competition number, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area.

Finnish and English will be the primary languages spoken in all call rooms.

COMPETITION NUMBERS (BIBS)

All athletes will receive one bib and four (4) pins, which must be collected from the Accreditation centre. For consideration of the environment, the organizers strongly suggest that athletes bring their own set of safety pins. In all competitions, the athlete must wear a bib on front; except for jumps, where the bib may be placed on the front or back.

COMPETITION SITE EXIT PROCEDURES

In field events, athletes will leave the field of play after the event together with a judge. There will be toilets for athletes during the competition, but it is necessary to get permission from a judge to use the toilets during the competition.

In running events, athletes must leave the competition area and proceed through the kit area where track athletes will collect their personal belongings.

PERSONAL ITEMS

Athletes are not allowed to use in the competition area tape recorders, radios, mobile phones, cameras or any other electronic devices.

PROTESTS AND APPEALS

Protests concerning the conduct or the result of an event, should be made immediately to the Head Judge of the event.

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager may then make a written appeal to the Jury of Appeal. Any appeal must be lodged at the TIC. The time limit for lodging an appeal is 90 minutes from the time the results are posted.

A deposit of €100 will be required to confirm the appeal. If the appeal is not upheld, the deposit of €100 will not be returned. An appeal can only be lodged at the TIC. The appeal panel shall issue a written decision which is final. The decision will be available at the TIC.

VERTICAL JUMPS: STARTING HEIGHTS AND PROGRESSIONS

| Women - high jump | | | | |
|--------------------------|------------------------|--------------------|----------------------------|---------------------------------|
| Age | Starting Height | Progression | Change Progressions | Progression after change |
| W35-50 | 115 cm | 4 cm | 139 cm | 3 cm |
| W55+ | 85 cm | 4 cm | 118 cm | 3 cm |

| Men - high jump | | | | | | |
|------------------------|------------------------|--------------------|----------------------------|---------------------------------|----------------------------|---------------------------------|
| Age | Starting Height | Progression | Change Progressions | Progression after change | Change Progressions | Progression after change |
| M30-60 | 117 cm | 10 cm | 147 cm | 5 cm | 182 cm | 3 cm |
| M65+ | 88 cm | 5 cm | 128 cm | 3 cm | | |

| Women - pole vault | | |
|--------------------|-----------------|-------------|
| Age | Starting Height | Progression |
| W30-55 | 140 cm | 10 cm |

| Men - pole vault | | | | |
|------------------|-----------------|-------------|---------------------|--------------------------|
| Age | Starting Height | Progression | Change Progressions | Progression after change |
| M30-55 | 190 | 15 | 295 | 10 |
| M60 | 230 | 15 | 275 | 10 |
| M65+ | 125 | 10 | | |

Medals

Medals are awarded to three best athletes in each event. There will be no awards ceremony. Medals can be collected from the Technical Information Center (TIC).

Technical meeting

A Technical Meeting will take place one hour before the start of the first event of the first competition day in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGGA Anti-Doping policy

<https://imga.ch/masters-sports/anti-doping/>.

UNIFORMS

As competitors are not representing their club, association or country, there is no requirement to wear any particular uniform. Competitors may wear their club, association or national uniform if they wish and if their club, association or country allows them to do so.

FURTHER INFORMATION

Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more Athletics specific information, please contact Project coordinator Elisa Hakanen, elisa.hakanen@pyrinto.fi

Competition Director Jukka Hosio, jukka.hosio@outlook.com

For general information about EMG2023, please contact info@emg2023.fi.